
The Michigan 4 X 4 Plan

4 Key Healthy Behaviors

- Maintain a healthy diet
- Engage in regular exercise
- Get an annual physical examination
- Avoid all tobacco use

4 Key Health Measures

- Body mass index (BMI)
- Blood pressure
- Cholesterol level
- Blood sugar/glucose level

Michigan Health Dashboard: <http://www.michigan.gov/mihealthandwellnessdashboard>

County Health Rankings: <http://www.countyhealthrankings.org/#app/michigan/2012>

know your numbers

As part of the Michigan 4 x 4, take this card to your doctor so you can measure your success together.



	starting	goal	checkup progress
name:	date:	date:	date:
age:	weight: bmi:	weight: bmi:	weight: bmi:
height:	blood pressure:	blood pressure:	blood pressure:
notes:	cholesterol level:	cholesterol level:	cholesterol level:
	blood sugar level:	blood sugar level:	blood sugar level:



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For more information see the 4 x 4 webpage, Michigan Health & Wellness at:
<http://www.michigan.gov/healthymichigan>

Click here to go to [Michigan Health & Wellness Tools:](#)